

Abstract

Title: The Recumbent bike as a phenomenon of cycling.

Objectives: This bachelor's thesis mainly focuses on an exploration of the history of recumbent cycling as a phenomenon in the Czech Republic.

Methods: Quantitative data acquisition.

The Results: According to qualified estimation, there are about 500 - 600 people who actively ride the recumbent bike in the Czech Republic.

During a meeting, 66 participants filled our questionnaire. This number of participants corresponded to 60% of all participants. I concluded that most of the recumbent bikers are men aged 51 to 55. They prefer short wheelbase construction with an upper type of steering handlebars, rear wheel drive, and higher seating. They have 3 to 5 years of riding experience. They are mostly lone riders and They ride their bike once a week. They are attending recumbent bike meetings periodically and are not active recumbent bike racers. Not a single respondent is experiencing any health issues related to recumbent cycling. A few of them are using the recumbent bike as a compensatory exercise. The respondents have no trouble riding in traffic. To them, the most noticeable advantage is the ability to sit comfortably in comparison to conventional bicycles. As disadvantages, They have mentioned experiencing more difficulties in ascending, heavier weight of the bike and last but not least – higher price.

Keywords: recumbent bike, alternatives to cycling